SUGGESTED USE Consume one capsule daily with food, preferably a complete meal. For questions about the use of this product call 800.800.1200.

Since 1979, Unsurpassed Purity, Quality and Efficacy.

100% SOLAR PRODUCTION **ZERO-CARBON FOOTPRINT**

PROCAPS

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Manufactured by ProCaps Labs Henderson, NV 89011





ESSENTIAL]

HIGH POTENCY • ONCE DAILY WITH 2000 IU VITAMIN D3

100 mcg Methyl B12 • 1200 mcg Biotin CoQ-10 · Vitamin K2 MK-7 · Methyl Folate Lutein · Lycopene · Zeaxanthin



360 Easy-to-Swallow Capsules Dietary Supplement

ESSENTIAL ONE is the world's most advanced single capsule multivitamin. It is a uniquely pure alternative to all the problem and additives of multivitamin tablets and gummies. Our small easy-to-swallow capsules are gentle to even the most sensitive stomachs. We ensure that all key nutrients are provided in the proper forms and at their most beneficial levels. Essential On provides high potencies of Vitamin D₃ (2,000 IU), Methyl B₁ (100 mcg), along with a complete B-Complex, including 5-Methy Folate (not ordinary Folic Acid) and 40 times more Biotin (fo beauty) than the leading brands. We provide all three critical and costly carotenoids; Lutein, Lycopene and Zeaxanthin; along wit a dozen other essential nutrients, including Mother Nature's mos important nutrient for energy production and cellular protection-Coenzyme Q10. We also add Vitamin K2 MK-7, recognized a essential for bone and heart health through its role in regulating calcium metabolism. Essential One provides all the convenience and affordability you seek in a multivitamin without the stomac upset, additives and other problems of large, hard-to-swallow and difficult-to-digest multivitamin tablets or their even more ridiculous, calorie-laden, candy gummy cousins.

These statements have not been evaluated by the Food and Drug Administration This product is not intended to diagnose, treat, cure, or prevent any disease.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS OF ANY KIND

Supplement Facts s	ervings Per (Contai	iner 360
Amount Per Serving			% DV*
Vitamin A (as natural beta carotene) 200 r	ncg RAE (667	IU)	22%
Vitamin C (as calcium ascorbate)	200	mg	222%
Vitamin D3 (as cholecalciferol) 5	0 mcg (2,000	IU)	250%
Vitamin E (as natural d-alpha tocopheryl succina	te) 60 mg (90	IU)	400%
Vitamin B1 (as thiamin hydrochloride)	10	mg	833%
Vitamin B2 (as riboflavin)	10	mg	769%
Niacin (as niacinamide/chromium nicotinate)) 20	mg	125%
Pantothenic Acid (as calcium pantothenate)	20	mg	400%
Vitamin B6 (as pyridoxine hydrochloride)	10	mg	588%
Vitamin B12 (as methylcobalamin - protected Coe	nzyme B12) 100	mcg	4,167%
Folate (as L-5-methyltetrahydrofolate)	400 mcg		100%
Biotin	1,200	mcg	4,000%
Calcium (as calcium ascorbate/carbonate)		mg	6%
Magnesium (as magnesium oxide)	40	mg	10%
Zinc (as zinc citrate/oxide)	15	mg	136%
Selenium (as sodium selenite)	150	mcg	273%
Copper (as copper citrate)	1 mg (1,000	mcg)	111%
Manganese (as manganese citrate) 2	.3 mg (2,300	mcg)	100%
Chromium (as chromium nicotinate)	120	mcg	343%
Molybdenum (as molybdenum glycinate)	75	mcg	1679
Coenzyme Q-10 (natural ubiquinone)	10	mg	†
Vitamin K2 MK-7 (as menaquinone-7)	40	mcg	†
Boron (as potassium borate)	100	mcg	†
Vanadium (as vanadyl sulfate)	50	mcg	†
Lutein	1 mg (1,000	mcg)	t
Lycopene	1 mg (1,000	mcg)	t
Zeaxanthin Complex		mcg	†
Branched Chain Amino Acids (Leucine, Val	ine) 5	mg	†
Silicon (as silicon dioxide)	3	mg	t
* Percent Daily Values (% DV). † Daily Value not established.			
Other land of the Material Land and Lan			

Serving Size 1 Capsule

Other Ingredients: Natural plant cellulose vegetarian capsule, Proprietary Protective